

Sexually Transmitted Diseases (Continued)

Gonorrhea/Chlamydia – Unprotected sexual contact with infected person; high number of cases possible

- Threat year-round; countrywide
- Symptoms (in men) – none to burning sensation when urinating or discharge
- Symptoms (in women) – none to burning when urinating to increased vaginal discharge
- Mild; outpatient treatment

Human Immunodeficiency Virus (HIV)/Acquired Immune Deficiency Syndrome (AIDS) – Unprotected sexual contact with infected person; contaminated needles or blood into an open cut/membrane of an infected member; rare cases could occur.

- Threat – year round, countrywide
- Symptoms – weight loss, night sweats, fatigue, swollen lymph glands, sores

Prevention: Abstinence; latex condoms; not sharing needles; **hepatitis B vaccine**

Water Contact Diseases

Leptospirosis – Wading, swimming, other contact with water/mud contaminated with infected animal urine; a small number of cases possible

- Threat seasonal; highest during the warmer summer months
- Symptoms – fever, chills, nausea
- Hospitalization of 1-7 days

Prevention: Do not swim/wade in unapproved water; wash skin and clothing after exposure to freshwater streams/ponds.

ENVIRONMENTAL RISKS

Short-term health risks

Water contamination

- Water containing raw sewage
- Runoff containing fecal pathogens
- Water containing industrial waste, agrochemicals, or petroleum products

Long-term health risks

Air pollution in urban areas and larger industrial complexes

HAZARDOUS ANIMALS AND PLANTS

Venomous Snakes – Well-camouflaged vipers have dangerous venom. Seek urgent medical attention!

Prevention – Do not handle *any* snake; avoid walking barefoot.

Scorpions and Black Widow Spiders – Some with potentially deadly venom or capable of inflicting painful bites/stings.

Prevention – Shake out boots/clothing/bedding; avoid sleeping on the ground; seek medical attention if you are bitten/stung.

Millipedes and Centipedes – None with deadly venom, but capable of inflicting painful bites or secreting fluids that can blister skin.

Prevention – Shake out boots/clothing/bedding; avoid sleeping on the ground; seek medical attention if bitten.

Hazardous Plants – Toxic plants; skin/lung irritation if touch/burned; poisoning if chewed/eaten

Prevention – Do not touch, chew, eat, or burn unfamiliar plants; wash contaminated skin/clothing after contact.

OTHER WEBSITE RESOURCES

[Armed Forces Pest Management Board](#)
[Deployment Health Clinical Center](#)
[DeploymentLINK](#)
[Centers for Disease Control & Prevention](#)

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DEPLOYMENT HEALTH GUIDE: AZERBAIJAN



This country-specific guide should be used in conjunction with [GTA 08-05-062, Guide to Staying Healthy](#), and is intended to provide information that can help reduce your risk of Disease and Non-battle Injuries (DNBI) when deployed. The health threat and countermeasure information is based on the most current data available from U.S. Department of Defense medical agencies at the time of production. In addition to the information in this guide, you should also receive force health protection, health threat, and preventive medicine countermeasures training/briefings prior to and, as required, throughout the length of your deployment.

AZERBAIJAN OVERVIEW

Location – Azerbaijan is in southwestern Asia, bordering the Caspian Sea, between Iran and Russia, with a small European portion north of the Caucasus Range.

Climate – Varies; central Azerbaijan is arid and desert-like while the southeast is humid and subtropical.

Rainfall – In the lowlands, 8–12 inches per year; along the Caspian Sea, 47–55 inches.

Terrain – The large, flat Kur-Azar Lowland, much of which is below sea level, lies in central Azerbaijan and covers more than 40 percent of the country. Almost one-half of Azerbaijan is rugged mountain terrain interspersed with deep river valleys.

Forces of Nature – The southern slope of the Great Caucasus Mountains and the southern portion of the Little Caucasus Mountains adjoining the Aras River are subject to earthquakes.

RISK ASSESSMENT

Azerbaijan is rated **INTERMEDIATE RISK*** for infectious disease. Without force health protection measures, mission effectiveness will be adversely impacted.

*Based on a combination of infectious diseases that occur in a country, the Armed Forces Medical Intelligence Center (AFMIC) assigns an **overall country risk level** of low, intermediate, high, or very high risk, as compared to other countries.

INFECTIOUS DISEASES

Food-borne and Water-borne Diseases

Consuming contaminated food, water, or ice

Diarrhea (bacterial) – A potential attack rate of 11 to 50 percent per month if local food, water or ice is consumed

- Threat year-round; countrywide; elevated during warmer months (May–October)
- Symptoms – loose, watery or explosive bowel movements
- Recovery 1–3 days with antibiotics

Food-borne and Water-borne Diseases (Continued)

Hepatitis A – A potential attack rate of less than 1 percent per month among unvaccinated personnel if local food, water or ice is consumed

- Threat year-round; countrywide
- Symptoms – fever, constipation, headache
- Severe, 1–4 weeks recovery, sometimes initially requiring hospitalization

Diarrhea (protozoal or cholera) – A potential attack rate of less than 1 percent per month if local food, water or ice is consumed

- Threat year-round; countrywide
- Symptoms – loose, watery or explosive bowel movements
- Recovery 1–3 days with antibiotics

Hepatitis E – Rare cases possible if local food, water or ice is consumed

- Threat year-round; countrywide
- Symptoms – jaundice, fatigue, nausea, vomiting
- Severe, 1–4 weeks recovery, sometimes initially requiring hospitalization

Typhoid/Paratyphoid fever – Rare cases possible among unvaccinated personnel if local food, water or ice is consumed

- Threat year-round; countrywide; elevated during warmer months (May–October)
- Symptoms – fever, constipation, headache
- Hospitalization 1–7 days

Prevention: Consume only U.S. military-approved food, water, ice; **hepatitis A vaccine** and/or **typhoid vaccine**, if directed by medical authority.

Vector-borne Diseases

Malaria – Small number of cases possible

- Only vivax malaria present
- Greatest threat June–October, especially in southern lowlands
- Symptoms – fever, chills, sweats
- Transmission – night-biting mosquitoes
- Hospitalization 1–7 days likely

Others: Rare cases could occur, some with potentially very severe outcomes: **Boutonneuse fever** (tick-borne),

Vector-borne Diseases (Continued)

Crimean-Congo hemorrhagic fever (tick-borne), **leishmaniasis** (cutaneous and visceral; sand fly-borne), **plague** (flea-borne), Tahyna virus (mosquito-borne), **West Nile fever** (mosquito-borne).

Prevention: **N-diethyl-meta-toluamide (DEET)** on exposed skin; **permethrin-treated uniforms**; **permethrin-treated bed nets**; **malaria prevention pills** as prescribed (critical)

Animal Contact Diseases

Rabies – Exposure to virus-laden saliva of an infected animal through a bite, scratch or breathing airborne droplets; risk well-above U.S. levels

- Threat year-round; countrywide
- Initial symptoms – pain, tingling, or itching from bite site, chills, fever, muscle aches
- Death likely in the absence of post-exposure prophylaxis

Prevention – Avoid all animals, especially dogs, foxes, wolves; if scratched or bitten, seek medical attention immediately; pre- and/or post-exposure vaccinations, if prescribed by medical authority.

Others: **Anthrax**, **Q fever**

Respiratory Diseases

Tuberculosis – Breathing contaminated air droplets from other people (coughing/sneezing)

- Highest threat from prolonged close contact with local populations
- Threat year-round; countrywide
- Severe illness or death if not treated

Prevention – Avoid close contact with local populations; early detection/treatment.

Sexually Transmitted Diseases

Hepatitis B – Unprotected sexual contact with infected person; contact with infected blood/body fluids. A small number of cases are possible.

- Threat year-round; countrywide
- Symptoms – jaundice, fatigue, nausea
- Recovery 1–4 weeks; occasional hospitalization; possible permanent liver damage